

Elderfit NEWS

Pooling Together for Good Health



Forever With Us!

It is so hard to believe that our dear friend, Martha, was busy winning medals less than a year ago in the 55+ Seniors' Games! We were all so proud of her efforts to compete successfully.

She will always hold a very special place in our hearts. Every Elderfit class we attend is a tribute to her legacy of a strong, well-coordinated aquasize program that meets the needs of seniors and many others in Lunenburg County!

On top of all that, classes are a lot of fun!

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Elderfit 2018 Board of Directors

Standing: Sue Nichols, Sue Rushton, Brenda Fancey, Shirley Creaser, Wendy McKinnon, Rosalie Studley, Nancy MacDonald, Susan Swallow, Susan McDormand. Seated: Martha Saunders, Marilyn Branson

The AGM on March 24th in Bridgewater resulted in the election of a full Board of 12 members (now without our dear Martha) - thank you to these volunteers who will lead Elderfit through the next year. They will meet at least every second month to enhance our wonderful program!

All current members of Elderfit are entitled to request access to the financial reports, attend meetings, and contact any Board member with comments and/or questions.

Executive Positions: President - Sue Rushton; VP - Susan Swallow; Secretary/Treasurer - Nancy MacDonald

Social Coordinator and Supervisor of Instructors - Wendy McKinnon; Recording Secretary - Marilyn Branson;

Directors: pictured above

ELDERFIT NEWS

News Heard Around the Pool

Drips & Drops



Elderfit Pool Pass

1 Pool Pass with 10 squares \$60

2 Pool Passes purchased together \$115

3 Pool Passes purchased together \$165

Pool passes can be used for any class at any pool, and do not expire. Passes are required to be marked by the instructor at each class. Passes will be available at each pool for purchase at any time, but **MUST** be presented for each class. Members who do not have their pass available will be required to pay the single class fee of \$7.

- Elderfit now has new contact info!
- email: elderfitlunenburg@gmail.com
- Phone: 902 527-1887 (Sue Rushton)
- Mailing Address: 21 Feindel St., Wileville, NS B4V 5K6
- elderfitlunenburg.ca (our website) is being updated; not quite complete
- Facebook: Elderfit Lunenburg County Nova Scotia

Elderfit needs new instructors at each of our 3 pools! Even if you can help sub for our regular instructors - contact Wendy McKinnon (barnmck1@gmail.com) to take part in Elderfit's own training workshops. One of the perks for volunteering to lead classes is that you don't need to pay pool fees!

- The new Board of Directors asks you to have patience with us as we are still
- scrambling to cover all the important things Martha did for us. We have met for
- about 5 hours already to step up and share the new work load! We will meet
- monthly until we feel we are meeting the needs of all Elderfit members! Please
- don't hesitate to ask any questions or raise any concerns - we all want Elderfit to
- be the best program possible!

ELDERFIT NEWS

Elderfit Celebrates 20 Years!!

The brainchild of Dr. George McKiel, Elderfit-Lunenburg was initiated in 1998 with grants from two partners: Veterans Affairs Canada and the Lunenburg County Community Health Board. Although George is no longer alive, his wife Jeanne spoke to the members at the 20th Anniversary Summer Luncheon and shared how proud he would be of the success of Elderfit. She and Martha Saunders were the first volunteer lead instructors, 18 years ago.

Today, 20 years later, Elderfit-Lunenburg provides aquasize classes to 200 members, mostly seniors, from all over the MODL and beyond! In order to keep member costs to a minimum, the classes are led by trained volunteer instructors, who all began as Elderfit participants. Special emphasis is placed on exercises for seniors, including issues with arthritis. The classes are beneficial for everyone who needs the therapy offered by water exercise, especially expectant mothers, anyone recovering from accidents or surgeries, etc. Our program accommodates people from all age groups.

Elderfit operates 9 different scheduled classes in 3 pools: Lunenburg County Lifestyle Centre and Best Western Hotel in Bridgewater, Oak Island Inn in Western Shore. Members purchase a pool pass, which is good for ten classes; it never expires and can be used to join any Elderfit class, at any of our three pools.

On June 14th, Elderfit members gathered at the beautiful Osprey Ridge Golf Club for a celebratory luncheon. The staff there did everything possible to make this a special occasion for us! Retired instructors joined us for this historic event. We enjoyed looking back at the milestones that highlighted twenty years of offering physical and social activity and enjoyment in the water! We also recognized 5 members who are still active participants since 1998/99! What an inspiration for all!

On a sadder note, we paid tribute to our former leader, Martha Saunders, who passed away suddenly in May. She dedicated herself for 18 years to managing and leading Elderfit to be the successful program we enjoy today. She did everything from coordinating and overseeing the programs at the pools to training the instructors, paying the bills, welcoming new members, etc. Besides her obvious management skills, her spirit and sense of humour guided Elderfit classes to become not only healthy exercise but a place where we can laugh, sing, and enjoy great company! Her spirit will live on in every class at every pool.

Elderfit-Lunenburg is now managed by a very active Board of Directors who are working hard to successfully move our program forward through the coming years!

Martha's History with Elderfit

Martha Saunders joined Elderfit in the fall of 2000. She had majored in Physical Education in University and was a successful competitive swimmer in High School and at UNB as well. When Martha and John moved to West LaHave, it was about the same time that the Elderfit startup grant money was coming to an end. The program could no longer afford to pay for physiotherapists to teach the classes. In an effort to keep costs affordable for Lunenburg County seniors, Jean McKiel and Martha Saunders became the first "lead instructors". They trained "assistants" to help them run the number of classes at Jo's Dive Shop (today's emOcean).

Martha soon assumed many of the duties she would have for the next 18 years! She helped organize fundraisers, became an active member of the Elderfit Board, contributed articles to the Newsletter, taught classes every week, paid Elderfit bills, and welcomed new members. In 2001, she presented a paper on Elderfit at the "Healthy Aging" Conference in Calgary.

She also continued to help oversee the instructors in Lunenburg and at the new program at Oak Island Inn in 2002. She also directed several "water shows" over the years, where members performed for friends and family.

When issues arose with the pool at Jo's Dive Shop, and there wasn't likely to be a quick resolution, Martha did all the legwork and negotiating to find hotel pools in Bridgewater that would meet the growing demand for increased classes. Classes at the Best Western and Days Inn began in 2011; ongoing issues at emOcean forced Elderfit to sadly leave that facility. In May, 2014 the LCLC finally opened its doors and Elderfit instructed classes there 3 times a week. It took many meetings and negotiations before Martha and Lindy Guild persuaded the LCLC Board to rent the pool to Elderfit, which allowed Elderfit to train our volunteer instructors and teach in the water, for their own benefit! Martha continued to manage the daily affairs of Elderfit and act as Treasurer on the Board of Directors until her sudden passing on May 4/18. There are no words to describe how we will miss her, but we will always honour her devotion and commitment to Elderfit and remember her with a smile, as she would surely appreciate. She will always be the heart and soul of Elderfit-Lunenburg as we forge ahead to carry on the great legacy she left behind.

A Good Laugh Can Mean Good Health For Seniors

By Patti Naiser, Senior Living- May 6, 2015

A little laughter can go a long way, a new study reveals.

We all know the mood-boosting benefits of a good laugh, but researchers at California's Loma Linda University set out to find out if humour can deliver more than just comic relief. The study looked at 20 healthy older adults in their 60s and 70s, measuring their stress levels and short-term memory. One group was asked to sit silently, not talking, reading, or using their cellphones, while the other group watched funny videos.

After 20 minutes, the participants gave saliva samples and took a short memory test. While both groups performed better after the break than before, the "humour group" performed significantly better when it came to memory recall. Participants who viewed the funny videos had much higher improvement in recall abilities, 43.6 percent, compared with 20.3 percent in the non-humour group. Moreover, the humour group showed considerably lower levels of cortisol, the "stress hormone," after watching the videos. The non-humour group's stress levels decreased just slightly.

Other studies have also shown the wide-ranging health benefits of laughter. A Vanderbilt University study estimated that just 10-15 minutes of laughter a day can burn up to 40 calories. Meanwhile, a University of Maryland study found that a sense of humour can protect against heart disease.

Lower cortisol? Lower stress? Sounds pretty good. But researchers insist the benefits are even greater.

"There are several benefits to humour and laughter," explained Gurinder S. Bains, a Ph.D. candidate at Loma Linda University, who co-authored the study. "Older adults need to have a better quality of life. Incorporating time to laugh, through social interaction with friends, enjoying exercise in a group setting, or even watching 20 minutes of humour on TV daily, can enhance your learning ability and delayed recall."

So what can be done?

"Find what makes you laugh and include it in your daily routine," Bains said. "As an older adult, you will face age associated memory deficits, but humour and laughter can be integrated into a whole person wellness plan that can translate into improvements in your quality of life: mind, body, and spirit."

A Senior Moment

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and was fitted with hearing aids that allowed him to hear 100%.

The elderly gentleman went back to the doctor in a month and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again!"

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

OurInstructors~

Our Supervisor of Instructors, Wendy McKinnon, works along with these Elderfit Certified and dedicated volunteer instructors who, together, lead the classes that Elderfit offers. The instructors attend semiannual workshops to remain current in techniques and to improve the quality of their instructions. Anyone wishing to become an Elderfit Certified instructor is invited to contact Wendy (barnmck1@gmail.com) for additional information on how to become an Elderfit Aquacize leader.

Instructors

Nancy Allin	Lynne McDormand
Sylvia Brown	Susan McDormand
Ellie Burt	Wendy McKinnon
Shirley Creaser	Betty McLain
Brenda Fancey	Barbara Proux
Michele Haddal	Ella Rafuse
Liz Hubley	Susan Swallow

Best Western Hotel, Bridgewater

Hwy.10, at Exit 12 off Hwy 103

Tuesdays and Thursdays

Classes begin at 9:00am



Oak Island Resort and Conference Centre

36 Treasure Drive, Western Shore

Mondays, Wednesdays and Fridays

Classes begin at 10:30am



Lunenburg County Lifestyle Centre, Bridgewater

135 North Park Street

All weekdays

Classes begin at 10:00am



Elderfit

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Wileville, NS B4V 5K6

902 527-1887

elderfitlunenburg@gmail.com



NOVA SCOTIA



Elderfit Summer Pool Schedule

Best Western Hotel, Bridgewater: Tuesdays and Thursdays -9:00am (closed in August)

Oak Island Resort, Western Shore: Closed all summer (June 28-Sept 5)

Lunenburg County Lifestyle Center, Bridgewater: Mondays to Fridays -10:00am

- LCLC open all summer; we are happy to welcome members from other pools!

*** Stay tuned for information on our next Elderfit gathering! It will likely be a picnic at a special location that does not have sand to get stuck in! Details are still being worked out. We will email members with an update.**

*** Reminder that the annual Elderfit Christmas Luncheon will be on Thursday, Dec. 6th at the Lunenburg Firehall - as we round out the celebration of our 20th Anniversary!**

Members, please be aware that when we take Elderfit photos at events/pools they could be posted on our Website or on Facebook. If you do not want your image online, please inform the photographer! We have added this consent to our waiver forms.

Photos for our Newsletter and Display Boards are used for local Elderfit purposes, but it is always your choice to be included or not, so please let the photographer know your choice!

Volunteer Board of Directors

President
Sue Rushton
Vice President
Susan Swallow
Secretary/Treasurer
Nancy MacDonald

Sue Nichols

Marilyn Branson

Brenda Fancey

Wendy McKinnon

Eileen Ross

Shirley Creaser

Rosalie Studley

Susan McDormand

For More Information:

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